

The present invention provides a method for the treatment of heart failure through the use of small peptide complexes and recombinant proteins which function to enhance contractility in failing hearts and reduce blood pressure in individuals with hypertension by inhibiting the interaction between phospholamban and sarcoplasmic reticulum Ca^{2+} ATPase (SERCA2a) within cardiomyocytes. In addition, a means is provided for the transport of such therapeutic agents into the cytoplasm and nucleus of cardiomyocytes.